**Amendment to the claims:**

**This listing of claims will replace all prior versions, and listings, of claims:**

**Listing of Claims:**

1. (previously presented) A system of regulating receipt of electronic mail comprising:

   a. capturing means for capturing an outgoing electronic mail message,

   b. outgoing electronic mail analysing means for determining an electronic mail address of at least one intended recipient of the outgoing electronic mail message;

   c. list updating means for updating a pass list of electronic mail addresses with the at least one intended recipient of the outgoing electronic mail message;

   d. incoming mail capture means for capturing incoming electronic mail messages;

   e. incoming electronic mail analysing means for determining whether an electronic mail address of a sender of the incoming electronic mail message is a member of the pass list and for forwarding the incoming message to an intended recipient if the address of the sender is a member of the pass list; and

   f. analysing means for determining a probability that the incoming message is an unsolicited message if the address of the sender is not a member of the pass list and for forwarding the incoming message to the intended recipient if it is determined that the incoming message is probably not an unsolicited message.

2. (previously presented) A system as claimed in claim 1, wherein the list updating means includes dating means for dating members of the pass list with a date that a message was last sent to that member.

3. (previously presented) A system as claimed in claim 2, further comprising pass list purging means for purging the pass list of members to which a message has not been sent for a predetermined time.

4. (previously presented) A system as claimed in claim 1, further including deletion means for deleting an incoming message which the analysing means determines is probably an unsolicited message.

5. (previously presented) A method of regulating receipt of electronic mail comprising the steps of:

   a. capturing an outgoing electronic mail message,

   b. analysing the outgoing electronic mail message to determine an electronic mail address of at least one intended recipient of the outgoing electronic mail message;

   c. updating a pass list of electronic mail addresses with the at least one intended recipient of the outgoing electronic mail message;

   d. capturing an incoming electronic mail message,

   e. analysing the incoming electronic mail message to determine whether an electronic mail address of a sender of the incoming electronic mail message is a member of the pass list;

   f. passing the incoming electronic mail message to an addressee if the electronic address of the sender of the incoming message is a member of the pass list;

   g. filtering the incoming message to analyse whether the incoming message is likely to be an unsolicited message if the address of the sender is not on the pass list; and

   h. if the incoming message is found unlikely to be a unsolicited message forwarding the message to the addressee.

6. (previously presented) A method as claimed in claim 5, wherein the step of updating a pass list includes updating the pass list with the latest date on which a message has been sent to an address, for subsequent purging of addresses to which messages have not been sent within a predetermined period of time.

7. (previously presented) A method as claimed in claim 5, wherein the incoming message is deleted if it is found probable that the message is an unsolicited message.

8. (currently amended) A computer program comprising code means for performing all the steps of the method of [any of] claim[s] 5 [to 7] when the program is run on one or more computers.